



Rocket Learn

LOCKDOWN LEARNING

Journaling

Journaling can be a useful tool for adults and children alike. Daily journaling can encourage self reflection and give focus, it is also a great way for children to practice writing and enable them (and you) to have a record of their thoughts and memories.

As we live through what is undoubtedly going to be covered in History lessons at schools in the future, keeping a record or memories of lockdown will be a precious time piece. Do take a look at this article from the [National Geographic Society on this topic.](#)

Below is a list of journal prompts to get your child started – they could write their answers in a book, type their thoughts on the computer or record themselves. If you find journaling does work for your family there are plenty of bespoke journals out there for children – this list of questions is to get you started!

What do you find strangest about lockdown?

What has been the best thing about being in lockdown?

What are three things you are grateful for today?

What are you most looking forward to when lockdown finishes?

Can you give yourself a goal or challenge for the week?

What has made you laugh this week?

What do you miss most in lockdown?

What is the most interesting fact you have learnt today?

Who do you miss? What would you say to them if they were next to you now?

What has made you happy this week?

Do you remember your first day of school? What was it like?

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